

The Arizona Department of Health Services and Maricopa County, Department of Public Health Services are working closely with our school district to implement a physical activity program called PLAY (Promoting Lifetime Activity for Youth). The emphasis of this program is to increase the amount of light to moderate activity children engage in daily. Most Americans are not as active as they should be for good health. As children become teenagers they, too, become increasingly less active. The national goal for healthy people age 6 and older is 30 minutes of activity every day.

I will begin the program by offering my class a daily activity break. The focus of this activity break is to teach your child a number of enjoyable ways to be active. These are activities that do not require athletic skills or endurance, and are easy and fun. As students become more active at school, we are going to shift the focus to self-directed activity. We will ask your support in helping your child develop an active lifestyle. Students will discuss the types of activity they can do at home, with friends, family, and in the community.

The program is simple. It asks nothing more of your child than to move. Many types of moderate activities are acceptable such as playground games, walking, and biking with friends. Studies show parents can help their children become active. Parents who participate in activities with their children, organize activities, or transport children to places where they can be active are the most effective supporters.

If you would like more information about the importance of physical activity, please call Maricopa County, Department of Public Health Services, Office of Health Promotion and Education at 506-6850. Thank you for your support. We look forward to working with you.

Sincerely,

Classroom Teacher